



Reach your goals with notifications

Cal AI would like to send you
Notifications

Don't Allow

Allow





Do you have a referral code?

You can skip this step.

Referral Code

Continue



✓ All done!

**Thank you for
trusting us**

We promise to always keep your
personal information private and secure.

Continue



Congratulations your custom plan is ready!

You should lose:

4 kg by April 26

Calories



Carbs



Protein



Fats



Health Score

7/10

Let's get started!



How to reach your goals:



Use health scores to improve your routine



Track your food



Follow your daily calorie recommendation



Balance your carbs, proteins, and fat

Plan based on the following sources, among other peer-reviewed medical studies:

- [Basal metabolic rate](#)
- [Calorie counting - Harvard](#)
- [International Society of Sports Nutrition](#)
- [National Institutes of Health](#)

Let's get started!